Ultimate Guide to the TOEFL® iBT (2026 Edition)

THE SPEAKING SYSTEM

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SYSTEM BOOKS

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THE DEATH OF SPEAKING TEMPLATES IN 2026

Stop Memorizing and Start Reacting on the Redesigned TOEFL® iBT Speaking

For years, students walked into the TOEFL® exam room with long, memorized templates, ready to paste lecture details into pre-set sentence frames. **On January 21, 2026, ETS effectively ended the era of speaking templates.**

The redesigned TOEFL iBT Speaking section is highly conversational, interactive, and fast. With 11 tasks packed into just 8 minutes, there is **zero preparation time**.

You are tested on your raw, real-time communicative reflexes:

- **Listen and Repeat:** You must instantly reproduce short sentences with perfect pronunciation, stress, and natural rhythm after hearing them just once.
- **Take an Interview:** You must converse with an interactive digital examiner, answering personal, situational, and abstract questions with no warning.

If you freeze when asked a simple question, if you speak like a robot because you are over-translating in your head, or if you struggle with pronunciation traps (*TH, V/W, R/L*), memorized templates cannot save you. You need to train your mouth and brain to produce natural, fluid English under pressure.

Welcome to "The Speaking System"

This is not a book of theoretical grammar rules or passive vocabulary lists. Meticulously designed by Dr. Hikmet Sahiner—drawing from 25+ years of high-stakes prep, a Johns Hopkins Ph.D., and Cambridge CELTA credentials—this book is a **real-time speaking gym**.

In this free preview, you will experience the system's core engines:

1. **Speed Matching Lab (Chapter 3):** Learn the exact science of the *Shadowing Technique* to sync your mouth's speed and muscles with native speakers.
2. **The Filler Strategy (Chapter 15):** Discover how to use natural native connectors (*Well, actually, let me see...*) to buy precious thinking time when asked a question with zero prep time.

Stop memorizing. Stop freezing. Unleash your natural voice.

Turn the page, play the audio, and start speaking with true confidence.

Chapter 3: Shadowing Technique 1: Matching Speed

Shadowing is one of the fastest ways to improve your performance on modern speaking tests—especially tasks that require you to respond quickly, speak smoothly, and keep natural rhythm under pressure.

In Chapter 2, you trained memory for Listen & Repeat using chunking and visualization. In this chapter, you train speed control using shadowing.

Your main goal here is simple:
You will learn to match the speaker's speed without losing clarity.

That skill transfers directly to:

- Listen & Repeat accuracy (you can "hold" the sentence as it moves)
- Interview answers (you speak with fewer pauses and less self-correction)
- Overall fluency (your speech sounds less "translated" and more automatic)

What This Chapter Trains (And What It Does Not)

Shadowing is not "reading aloud." It is not "repeat slowly and perfectly." Shadowing trains real-time speech processing.

This chapter trains:

- speed matching (staying close to the speaker's timing)
- automatic pronunciation (your mouth moves without planning every sound)
- rhythm and reductions (function words become lighter; stress becomes stronger)
- recovery (keep going even after one small slip)

This chapter does not focus on:

- difficult individual sounds (that comes later in pronunciation chapters)
- complex vocabulary building (that comes in interview chapters)

Think of this chapter as building a fluency engine.

3.1 Theory: What Shadowing Is (Echo vs. Simultaneous)

Shadowing means you speak along with a speaker from the companion audio recordings. You try to copy:

- timing (speed)
- stress (strong vs. weak syllables)
- intonation (voice movement)
- linking (words connect)
- reductions (small words become shorter)

Two Shadowing Modes

A) Echo Shadowing (Safer, Best for Beginners)

You listen first, then repeat immediately after the line ends.

> **Speaker:** "We'll meet at the front desk."
> **You (after the speaker finishes):** "We'll meet at the front desk."

Why it helps:

- You can focus on accuracy first.
- You can build confidence and "mouth readiness."

Echo shadowing is the first stage in speed training because it gives you time to:

- catch the sentence shape
- hear chunk boundaries
- prepare rhythm

B) Simultaneous Shadowing (Harder, More Powerful)

You speak almost at the same time as the speaker (with a small delay).

> **Speaker:** "We'll meet at the front desk."
> **You (slightly behind):** "We'll meet at the front desk."

Why it helps:

- Your brain stops translating.
- You learn to produce English at the same speed you understand it.
- Your pauses decrease because you do not "stop to build sentences."

In this chapter, you will progress from:

1. Echo
2. Slight Delay
3. Speed Maintenance on Long Sentences

3.2 Why Speed Is Crucial for the New TOEFL-Style Speaking Demands

Even when the test task is not called "shadowing," modern speaking assessments strongly reward the skills that shadowing builds.

1) Time Pressure Rewards Automatic Speech

In interview tasks, you cannot spend 5–10 seconds planning every sentence. You need to speak now and organize as you go. Shadowing trains that "start speaking immediately" ability.

2) Rhythm Affects Understanding

Many learners think speaking slower is always clearer. Sometimes it is, but very slow speech can also become:

- choppy

- unnatural
- hard to follow (because the listener loses your sentence structure)

English is a stress-timed language. If your speed is too slow and every word is equally stressed, your speech can sound robotic. Shadowing teaches you the natural rhythm where:

- important words are longer and stronger
- small words become quick and light

3) Speed Helps You Keep Sentences "Intact"

In Listen & Repeat, a big cause of errors is that learners:

- pause too long
- break chunks into tiny pieces
- forget the middle

If you can match speed better, you reduce the time during which memory "leaks." You repeat more words because you are not giving your brain extra chances to forget them.

4) Speed Supports Confidence

A steady pace signals control. Even if you have an accent, steady pace + clear stress often sounds more confident than slow, uncertain speech with many pauses.

3.3 The Speed–Clarity Balance (What "Matching Speed" Really Means)

Matching speed does not mean speaking fast like a machine. It means:

- you keep a steady pace
- you avoid extra pauses that the speaker did not have
- you keep natural chunking
- you maintain enough clarity that the message stays understandable

The "Three Priorities" Rule

When you shadow, you are balancing three priorities:

1. Completeness (Did I say the same words?)
2. Clarity (Can someone understand my words?)
3. Timing (Am I close to the speaker's pace?)

You cannot perfectly maximize all three on Day 1. So you will train them in an order:

- Stage 1: Completeness + basic clarity (Echo)
- Stage 2: Timing + rhythm (Slight Delay)
- Stage 3: Timing stays stable even on longer sentences (Advanced)

This is why the chapter is organized into three sets of lines.

3.4 Key Concept: Lag Time (Your Shadowing Distance)

Your lag time is how far behind the speaker you are.

- Echo shadowing lag time: usually 1–3 seconds
- Slight delay lag time: usually 1–4 words
- Advanced speed work: lag time should stay stable even with longer sentences

Why Lag Time Matters

If your lag time becomes too long, shadowing turns into normal repetition. That is still useful, but it does not train real-time speed.

If your lag time becomes too short (almost zero), you may panic and:

- drop words
- mispronounce
- stop completely

Your goal is a comfortable lag where you can keep going.

A good target for “Slight Delay” is:

- about one short chunk behind, not a full sentence behind

3.5 The 3-Repetition Method (Repeat Each Line 3 Times)

This chapter requires one very specific routine: each line is repeated three times.

Why three?

- One repetition is not enough for your mouth to adapt.
- Two is better, but still unstable.
- Three creates a small “automation effect”: your third attempt is usually smoother and closer to natural speed.

The Exact Routine (Use This for Every Line)

For each line, do:

Repetition 1: Accuracy First (70–80% speed)
- **Goal:** say all key words; keep word order
- It is okay if you are slightly slower than the speaker.

Repetition 2: Timing Match (90–100% speed)
- **Goal:** reduce extra pauses; match speed more closely
- Let small words become lighter (**to**, **for**, **and**, **a**, **the**).

Repetition 3: Timing + Rhythm (100% speed with better stress)
- **Goal:** keep speed AND make the sentence sound “alive”
- Stress content words clearly.
- Keep intonation (your voice should move, not stay flat).

A Practical Tip That Prevents Panic

If you miss one word during repetition 2 or 3:

- do not restart

- keep going with the next chunk
- finish cleanly

In speed training, finishing strongly is more important than being perfect.

3.6 How to Self-Check After Each Line (Fast Feedback)

After you do your 3 repetitions, ask these four questions:

1. Did I keep the last word?
   If you often lose endings, your control drops at the end of sentences.
2. Did I keep the function words (**to**, **of**, **the**, **a**)?
   Missing function words is a common result of speed stress.
3. Did my voice move (intonation), or was it flat?
   Flat speech often happens when you focus only on speed.
4. Did I pause inside words?
   Mid-word pauses are a sign you are pushing speed too early.

Write one short note after every five lines:

- “lost endings”
- “too slow”
- “dropped small words”
- “good rhythm”

Those notes help you adjust your next practice session.

3.7 Echo Shadowing Scripts (15 Short Lines)

Audio Track [Ch3-Track1] (Listen to the sample)

These lines are short on purpose (5–8 words). Your job is to:

- repeat immediately after the speaker
- keep the same rhythm
- avoid adding extra pauses

Use the 3-repetition method.

Speaker: Please follow the signs to exit.
Speaker: I’ll call you after the meeting.
Speaker: Turn right at the next corner.
Speaker: The library closes at nine.
Speaker: Keep your receipt in a safe place.
Speaker: We can meet near the entrance.
Speaker: This class starts in ten minutes.
Speaker: Take the stairs, not the elevator.
Speaker: He works late on weekdays.
Speaker: The train is delayed again today.
Speaker: I need a quieter place to study.
Speaker: She sent the email this morning.
Speaker: Please speak clearly and slowly.

Speaker: I left my notebook at home.
Speaker: They moved here last September.

How to Practice Track 1 (Echo) Without Wasting Time

Do it in three passes:

1. **Pass A (first time through the track):**
   - echo once (one repetition only)
   - no stopping
2. **Pass B (second time through the track):**
   - do the 3-repetition method for each line (pause after each line if your player allows)
3. **Pass C (third time through the track):**
   - try to match the speaker's energy and rhythm
   - focus on reductions (e.g., "I'll" not "I will")

This three-pass system is efficient because:

- Pass A builds familiarity
- Pass B builds accuracy + speed
- Pass C builds naturalness

3.8 Progression: Slight Delay Shadowing (12 Medium Lines)

Audio Track [Ch3-Track2] (Listen to the sample)

Now you will shadow with a small delay. These lines are longer (10–14 words), so you must:

- hold the first chunk in memory
- speak while still listening to the next words

This is the real "speed training."

Speaker: After class, I usually review my notes and plan tomorrow's tasks.
Speaker: The bus is cheaper, but it takes longer during rush hour.
Speaker: If you have questions, please ask the staff at the front desk.
Speaker: I prefer quiet cafés because I can concentrate without distractions.
Speaker: We changed our schedule to avoid traffic and arrive on time.
Speaker: The instructions look simple, but the final step is easy to miss.
Speaker: In my opinion, public transport is essential in a crowded city.
Speaker: She accepted the offer even though the salary was slightly lower.
Speaker: Before you submit the form, double check your contact information.
Speaker: The new policy improves safety, but it also increases overall costs.
Speaker: I felt stressed at first, but the routine became easier each week.
Speaker: For better results, practice every day and record yourself regularly.

How to Do Slight Delay Shadowing (Step-by-Step)

Step 1: Choose Your Delay Size
Start with a delay of one or two words.

Example:

- **Speaker:** After class, I usually…

- **You:** After class, I usually…

If you fall behind too much, reduce your delay by starting earlier next time.

Step 2: Shadow in Chunks, Not Words

Try to “hear” and “say” chunk-by-chunk:

- After class, / I usually review my notes / and plan tomorrow’s tasks.

Even if you do not mark chunks on paper, you can feel them.

Step 3: Use the 3-Repetition Method

For each line:

- Rep 1: slight delay, slower, stable
- Rep 2: slight delay, closer timing
- Rep 3: slight delay, timing + stronger stress

Step 4: Don’t Chase Perfect Pronunciation During Shadowing

Shadowing is a speed and rhythm drill. If you stop to fix one sound, you lose the main benefit.

Instead:

- finish the line
- note the problem word
- fix it separately later

3.9 Advanced: Speed Maintenance on Long Sentences (6 Lines)

Audio Track [Ch3-Track3] (Listen to the sample)

These sentences are long (18–25 words). Your goal is not just speed—it is stable speed across the whole sentence, including the middle and the end.

Most learners can start fast, but they slow down at:

- long noun phrases
- lists
- clauses starting with because/although/when/if
- academic vocabulary

Your job is to keep the pace steady.

Speaker: Because the meeting ran late, we skipped lunch and finished the final discussion by email later that afternoon.
Speaker: Although the apartment is small, it's close to campus and the commute is short even during peak hours.
Speaker: The professor explained the concept clearly, but several students still struggled to apply it in the homework assignment.
Speaker: To reduce stress, I plan my week on Sunday and leave extra time for travel when the weather looks uncertain.
Speaker: When city governments invest in parks, residents often feel healthier, and neighbourhoods become more pleasant places to spend time.
Speaker: If companies rely more on remote work, they may save money on offices, but they could lose some teamwork and daily communication.

Advanced Practice Rules (To Keep Speed Without Breaking)

1. **One breath per chunk group**
   Don't try to say the entire sentence in one breath.

2. **Keep function words light**
   Words like "to," "of," "and," "a," "the" should not be heavy.

3. **Maintain final clarity**
   Many learners drop endings at the end because they run out of breath.
   Practice finishing strongly.

4. **Use the 3-repetition method—but with one change**
   - Repetition 1: echo (accuracy)
   - Repetition 2: slight delay (speed)
   - Repetition 3: slight delay (speed + rhythm)

This is a bridge from repetition to real-time speaking.

3.10 Common Problems When Matching Speed (And What to Do)

Below are the most common speed-training problems. Use them like a checklist. If you recognize your issue, apply the fix immediately.

Problem 1: "I get lost and stop."

- **Cause:** delay is too small or sentence is too long for your level
- **Fix:**
  - return to Echo mode for that line
  - then try Slight Delay again with a bigger delay (2–4 words)

Problem 2: "I can't speak while listening."

- **Cause:** your brain is trying to fully process meaning before speaking
- **Fix:**
  - accept partial understanding during shadowing
  - focus on sound + rhythm first; meaning will improve over time

Problem 3: "My pronunciation collapses when I speed up."

- **Cause:** you are pushing speed beyond your current mouth control
- **Fix:**
  - keep repetition 1 slower (70–80%)
  - increase speed only on repetition 2 and 3
  - identify 2–3 problem words and drill them separately

Problem 4: "I drop small words."

- **Cause:** attention goes to content words only
- **Fix:**
  - in repetition 3, focus on "grammar glue" (**to**, **of**, **the**, **a**, **in**, **on**, **at**)
  - keep them short but present

Problem 5: "I sound robotic."

- **Cause:** you stress too many words equally
- **Fix:**
  - choose 2–3 strong words per line and stress them clearly
  - reduce the rest

Problem 6: "I'm always far behind."

- **Cause:** your start is late; you wait too long
- **Fix:**
  - start earlier on the next attempt
  - begin speaking after the first 1–2 words, not after the full first chunk

Problem 7: "I rush and become unclear."

- **Cause:** you try to catch up by speeding too much
- **Fix:**
  - accept being slightly behind
  - keep a stable pace; do not sprint

Problem 8: "My intonation is wrong."

- **Cause:** you focus only on words, not sentence music
- **Fix:**
  - imitate the speaker's voice movement (up/down)
  - exaggerate slightly in practice; it becomes natural later

Problem 9: "I keep restarting to correct mistakes."

- **Cause:** perfection habit
- **Fix:**
  - rule: never restart during repetition 2 and 3
  - finish the line, then redo it cleanly

Problem 10: "I run out of breath."

- **Cause:** you don't breathe at chunk boundaries
- **Fix:**
  - mark one natural breath point per sentence
  - breathe quickly and silently there

3.11 Measuring Progress (Simple Metrics That Work)

Shadowing progress can feel invisible unless you measure it.

Use these five metrics once per week (5 minutes total):

1. Completion rate: How many lines did you finish without stopping?
2. Drop rate: How often did you drop function words or endings?
3. Lag stability: Did your delay stay similar, or did it grow?
4. Pause count: How many extra pauses did you add?
5. Confidence sound: Does your voice stay steady to the end?

A practical method:

- record your third repetition of 5 lines
- compare Week 1 vs Week 2

Most learners hear improvement in:

- smoother timing
- fewer "uh" pauses
- more natural stress

3.12 A 10-Minute Daily Shadowing Plan (Speed Focus)

If you want a simple daily plan, use this:

1. 2 minutes: Track 1 (Echo), one pass only
2. 5 minutes: Track 2 (Slight Delay), do 3-repetition method for 6 lines
3. 3 minutes: Track 3 (Long sentences), choose 2 sentences and do 3 repetitions each

Do this for 10 days. On Day 1 and Day 10, record yourself doing:

- the same 3 medium lines

- the same 1 long sentence

Your goal is not “perfect native.” Your goal is:

- steadier pace
- fewer breakdowns
- clearer rhythm

Chapter 15: Using Fillers Naturally (Well, Actually, Let me see...)

Fillers are small words and short phrases you use while you think. Many learners believe fillers are "mistakes," so they try to remove them completely. The result is often speech that sounds:

- too stiff or robotic
- full of long silent gaps
- full of repeated restarts ("I… I… I…")
- or full of only "um/uh," which can sound nervous

This chapter teaches you a better goal:

Goal of Chapter 15

To sound natural and confident, not robotic—by using a small set of safe fillers in the right places, at the right frequency.

This is especially useful in interview tasks (no preparation time), where you need to buy 0.5–2 seconds to organize your answer without sounding lost.

Audio Track [Ch15-Track1] (Listen to the sample)

(Companion audio recordings in this chapter include only the contrast scripts: robotic vs natural versions.)

What This Chapter Will (and Won't) Do

This chapter will help you:

- replace "uh… um…" with better fillers
- start answers smoothly (no long silence)
- transition between ideas more naturally
- sound calmer and more conversational
- keep fluency when you cannot find a word immediately

This chapter will not help you:

- "talk longer" without content (fillers are not content)
- hide poor organization (you still need Answer → Expand → Conclude from Chapter 10)
- avoid practice (fillers must be trained so they come out automatically)

15.1 Why Fillers Matter: Natural Speech vs. "Perfect Textbook Speech"

Real spoken English is not like written English. In writing, you can pause, delete, and rewrite. In speaking, you need a way to manage thinking time.

A short, natural answer often includes tiny planning moments such as:

- **Well, …**
- **Actually, …**
- **Let me think… …**
- **I'd say… …**
- **It depends, …**

These phrases tell the listener:

- **"I heard your question."**
- **"I'm thinking."**
- **"I'm about to answer."**

That makes you sound calm and in control.

The Difference Between "Filler" and "Hesitation Noise"

There are two categories:

A) Hesitation noises (often lower quality)

- um, uh, er

These are not always "bad," but frequent use can sound nervous.

B) Lexical fillers (often higher quality)

- **well, actually, let me think, I mean, you know, kind of, in general, I'd say**

These are real words/phrases that can sound professional if used correctly.

This chapter focuses on training lexical fillers that are safe for academic and test speaking.

15.2 The Main Problem: Why Learners Sound Robotic

Many learners sound robotic for one of these reasons:

1. They avoid fillers completely and leave long silent gaps.
2. They speak only in "complete textbook sentences," with no planning language.
3. They panic and restart sentences repeatedly.
4. They use only "um/uh," and the listener hears nervousness.
5. They use fillers in the wrong place (inside phrases), which breaks rhythm.

Your goal is not "more fillers." Your goal is better placement and better variety, with fewer restarts.

15.3 The "Safe Fillers" List (Interview-Friendly)

Below is a practical set of fillers that are usually safe in:

- interviews
- classroom speaking
- TOEFL-style tasks
- professional conversations

15.3.1 Safe Start Fillers (Good for the First 1–2 Seconds)

Use these to begin smoothly:

- **Well, …** (neutral, very common)
- **Actually, …** (use when correcting/adjusting)
- **Let me think, …** (friendly, clear planning signal)
- **To be honest, …** (use carefully; not for everything)
- **I'd say …** (good for opinions)
- **In my experience, …** (good for personal evidence)
- **It depends, …** (excellent for balanced answers)

Important: These fillers should be short and light. Don't stress them heavily. The main stress belongs to your content words (Chapter 4).

15.3.2 Safe "Bridge" Fillers (Good for Moving to Your Next Point)

These help you continue without awkward silence:

- **Also, …**
- **Another thing is, …**
- **One reason is, …**
- **What I mean is, …** (clarifying)
- **For example, …** (introducing an example)
- **At the same time, …** (contrast)
- **On the other hand, …** (contrast)
- **So, …** (result/summary)

Note: Some of these are not "fillers" in the traditional sense. They are discourse markers (organization words). But functionally, they do the same job: they buy time and guide the listener.

15.3.3 "Softening" Fillers (Good for Opinions and Uncertainty)

These help you sound realistic, not extreme:

- **kind of / sort of** (use sparingly; one per answer is enough)
- **maybe**
- **probably**
- **in general**
- **most of the time**
- **I guess** (casual; use carefully in formal contexts)

In test speaking, **"probably"** and **"in general"** are usually safer than "I guess."

15.3.4 Fillers to Use Carefully (Not "Wrong," but Risky)

These can sound too casual or too repetitive if overused:

- **like** (very common in casual speech; can hurt clarity if frequent)
- **you know** (can be fine occasionally, but repeated use sounds weak)
- **I mean** (use only when clarifying; otherwise it becomes a habit)
- **basically** (often unnecessary)
- **literally** (often misused)

Rule: If a filler does not add meaning or structure, limit it.

15.4 What Fillers Should NOT Do

Fillers are useful, but they are not magic. Avoid these common misuses.

15.4.1 Filler Overload

Too many fillers make you sound uncertain or messy.

Bad pattern:

- "Well, you know, like, actually, um, I mean…"

Fix:

- Use one start filler, then move into content.

15.4.2 Fillers Inside Grammar Units (The "Illegal Pause" Problem)

From Chapter 7: do not break phrases.

Avoid:

- "I'm going to | um | apply…"
- "I live in | uh | a city…"

Better:

- "Well, I'm going to apply…" (filler at the beginning)
- "I live in a city, and…" (no internal filler)

15.4.3 Fillers That Replace Content

If you use fillers instead of reasons/examples, your answer stays empty.

Bad:

- "Well, it's nice, you know, and stuff…"

Better:

- "Well, I like it because it's convenient, and the commute is short."

15.5 Where Fillers Belong (Placement Rules That Work)

Good filler placement is simple if you think in thought groups (Chapter 7).

Rule 1: Put fillers at thought-group boundaries

Good:

- **"Well, I live near campus."**
- **"Let me think—on weekdays, I wake up around six thirty."**
- **"It depends. If I have time, I cook at home."**

Rule 2: Use fillers before you switch direction

Good:

- **"Actually, I partly disagree."**
- **"Well, on the other hand, public transport is cheaper."**

Rule 3: Use fillers before an example

Good:

- **"For example, last month I joined a workshop."**

Rule 4: Keep fillers short, light, and unstressed

Say them quickly, then stress the key content word:

- **"Well, I prefer…"**
- **"Actually, the main reason is…"**

15.6 Fillers and Intonation (How to Sound Confident, Not Uncertain)

From Chapter 6, statement endings should usually fall (↓). A common problem is that learners use fillers and then keep rising at the end of every sentence, which sounds unsure.

Practice this pattern:

- Filler (light) + confident statement (fall ↓)
  "Well, I prefer living in a city↓."

Even if you use "It depends," you can still sound confident by finishing your conclusion with a fall:

- "It depends, but overall I prefer the city↓."

This creates a "balanced but confident" tone.

15.7 The Real Purpose of Fillers in Interviews: Buying Time Strategically

In interviews, you need time for three moments:

1. Starting (first 1–2 seconds)
2. Transitioning (moving to reason 2 / example)
3. Recovering (when you forget a word)

Fillers help with each—if you use the right type.

15.7.1 Start Fillers = Start Smoothly

Best choices:

- **Well, …**
- **Let me think, …**
- **I'd say …**

15.7.2 Bridge Fillers = Move to Your Next Point

Best choices:

- **Another reason is…**
- **Also, …**
- **For example, …**

15.7.3 Recovery Fillers = Protect Fluency When You Forget a Word

When you can't find a word, do not freeze. Use a recovery filler plus a paraphrase:

- **"Let me think… it's a kind of public space, like a community area."**
- **"What I mean is… it's convenient because it saves time."**

Recovery strategy:

- filler → simpler word → continue

15.8 Contrast Scripts: The Same Answer Without and With Fillers

The goal of this section is not to make fillers "more." The goal is to make speech sound:

- more natural
- less robotic
- more connected
- calmer

⚠ DON'T FREEZE IN FRONT OF THE TOUGHEST 8 MINUTES OF YOUR LIFE!

Train Your Mouth and Brain for the 2026 Adaptive Interview.

Congratulations on completing the core fluency exercises in this preview! You have learned how to use *Shadowing* to match native speech patterns and how *Natural Fillers* can save you from silence during a high-stakes interview.

But the actual TOEFL® iBT Speaking section is an intensive **11-task simulation**. To secure a **Band 5.0 - 6.0 (equivalent to 95 - 120 on the old scale)**, you must master pausing, pacing under the 45-second rule, and expressing complex arguments smoothly across abstract social issues.

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JP 日本の受験者の皆様へ (Special Message for Japanese Students)

「英語を話そうとすると言葉が詰まる」「新形式の即興面接についていけない」を解決。ネイティブと同じ速度・リズムで話すためのシャドーイングと、沈黙を防ぐフィラー技術を徹底トレーニング。
👉 **公式デジタル版＆バンドル購入**：**toeflsystem.com/home-jp/**

KR 한국인 수험생 여러분께 (Special Message for Korean Students)

암기한 템플릿의 시대는 끝났습니다! 준비 시간 없이 즉석에서 답해야 하는 2026년 개정 토플 인터뷰 영역 완벽 대비, 뇌 정지를 방지하는 원어민 필러 사용법과 쉐도잉 훈련 프로그램 수록.

👉 **공식 사이트 방문하기: https://toeflsystem.com/home-kr/**